

CONTEMPORARY ISSUES IN MALAYSIAN PSYCHOLOGY

Edited by:

Zafar Afaq Ansari

Noraini M. Noor

Amber Haque





CONTEMPORARY ISSUES IN MALAYSIAN PSYCHOLOGY

By Zafar Afaq Ansari, Noraini M. Noor and Amber Haque

Copyright © 2005 by Thomson Learning (a division of Thomson Asia Pte. Ltd.)

For more information, please contact:

Thomson Learning

(a division of Thomson Asia Pte Ltd)

5 Shenton Way

#01-01 UIC Building

Singapore 068808

Or visit our internet website at <http://www.thomsonlearningasia.com>

ALL RIGHTS RESERVED

No part of this work covered by the copyright hereon may be reproduced or used in any form or by any means – graphic, electronic, or mechanical, including photocopying, recording, taping, Web distribution or information storage and retrieval systems – without the written permission of the publisher.

For permission to use material from this text or product, contact us by

Tel: (65) 6410 1200

Fax: (65) 6410 1208

Email: tlsg.info@thomson.com

Thomson Learning offices in Asia: Bangkok, Beijing, Hong Kong, Kuala Lumpur, Manila, Mumbai, Seoul, Singapore, Taipei, Tokyo.

Printed in Malaysia

1 2 3 4 5 06 05 04

When ordering this book, please use **ISBN 981-254-819-X**

THE ROLE OF PSYCHOLOGICAL FACTORS IN HEALTH AND ILLNESS: THE APPLICATION AND FUTURE DIRECTION OF HEALTH PSYCHOLOGY IN MALAYSIA

HARIYATI SHAHRIMA ABDUL MAJID

This aim of this chapter is to introduce health psychology as a branch of applied psychology in Malaysia. The chapter is divided into the following sections: (1) overview of health psychology; (2) literature review on psychological factors associated with health and illness-related behaviors; (3) health and illness in Malaysia; (4) major landmarks of health psychology in Malaysia; and (5) coronary heart disease among Malaysians referring to a study on the relationship between psychological factors and outcomes. The rationale for addressing coronary heart disease (CHD) is multifold: (i) CHD is the leading mortality factor in Malaysian government hospitals; (ii) the onset and progression of CHD is influenced by modifiable health-related behaviors; and (iii) cardiac rehabilitation programs in Malaysia need to take into account the specific psychological needs of Malaysian